

75 Hard Survival Guide



Introduction

Surviving 75 Hard

So you're thinking about trying 75 Hard? Or should I say "doing" 75 Hard? Andy Frisella himself, the person who invented 75 Hard, says that "75 Hard is not something you try, it's something you do."

What Andy Frisella means by this is if you decide to do 75 Hard, you have to be committed to it. If you're not totally committed, you're less likely to complete it. 75 Hard has to be a priority that you are going to do each day for 75 days, not just something that you are going to try to do. You either do it or you don't.

Many people fail to finish the 75 day challenge because it requires sacrifice, consistency, and effort. While it is a very hard challenge (hence its name!) there are tricks and tips that help make it just a little bit easier – and you will find them in this 75 Hard Survival Guide.

If you downloaded this guide, I already know you are someone who likes to challenge themselves and is more than capable of completing 75 Hard. So, read this guide, use its tips and tricks, and your next 75 days will fly by in no time. You got this!



Part 1

75 Hard Rules

The 75 HARD challenge is a challenge created by entrepreneur, author, motivational speaker, and supplement company owner Andy Frisella. Andy Frisella is adamant that 75 HARD is NOT a fitness program, but rather a mental toughness program.

There are 5 daily tasks as part of this personal development challenge that you must do for 75 consecutive days:

- ✓ Complete two 45-minute workouts – one has to be an outdoor workout
- ✓ Drink one gallon of water
- ✓ Follow a diet of your choosing (but no cheat meals and no alcohol)
- ✓ Take a progress picture
- ✓ Read 10 pages of a nonfiction book (no audiobooks allowed)



Part 2

75 Hard Workout Ideas

Workouts That Don't Count For 75 Hard

According to Andy Frisella, motivational speaker, supplement company owner, and creator of 75 HARD, the following exercises are NOT approved:

- Mowing the lawn
- Yard work
- Skiing / Snowboarding
- Stretching
- Kayaking
- Canoeing
- Golfing
- Baseball / Softball
- Other leisure sports

Andy Frisella states that these workouts are classic examples of finding ways to make the challenge easier.

Why? Because these are things that are likely already a part of your daily routine, and because of that, they don't count.

Workouts That Do Count For 75 Hard

Here is a list of the best 75 HARD challenge workout ideas for your twice-daily, 45 minute workouts. Remember, one must occur outdoors. These workouts are great no matter your fitness level:

- Walking
- Running
- Play sports (basketball, soccer, pickleball, etc.)
- Dancing
- Biking
- Stadium stairs
- Hiking



Part 2 (cont.)

75 Hard Workout Ideas

Workouts That Do Count For 75 Hard (cont)

- Rowing machine
- Swimming
- Bodyboarding / Surfing
- Boxing
- HIIT

Strength Workouts For 75 Hard

If you want a well-rounded fitness experience throughout your 75 Hard challenge, it's best if you incorporate strength training workouts, too.

Here are some awesome ways to add strength training to your 75 Hard routine.

- Weightlifting at the gym
- Yoga
- CrossFit
- Orangetheory
- Pilates
- Self-defense class

Another Option For 75 Hard Workouts

Try ClassPass. Depending on where you live, you may be able to sign up for ClassPass which, for a monthly fee, you are given credits that you can use to attend any fitness studios in your area that are partnered up with ClassPass!



Part 3

75 Hard

Survival Tips

Tip Category	Tip
General 75 Hard Tip	Get the 75 Hard app to track your progress each day. This is perhaps my #1 tip. <u>The app</u> costs around \$7, but it is WELL worth it. Every day, you have to check off each of your activities and this will help keep you organized and focused on what you have left for the day. By the way – the price of the app seems to increase now and then so just keep this in mind.
General 75 Hard Tip	Keep your mindset long-term. This is not a short challenge (it's 2.5 months long), and the sooner you accept that, the better!
General 75 Hard Tip	Expect there to be a few days where you're just "over it". There will be days along this challenge that you don't want to do the 75 Hard challenge anymore. Expect these days to come, and know that they are just part of the process. Do your best to not succumb to these thoughts if you want to complete the challenge.
General 75 Hard Tip	Share that you are doing 75 Hard with your friends and family or social media to help hold you accountable. You may be more inclined to stick to 75 Hard if you know that people are watching your journey. If you think telling people will help you stay motivated, then by all means share the fact that you are doing 75 Hard with people in your life.
General 75 Hard Tip	Check-in with yourself often. If at any point you feel that the challenge is detrimental to your physical or mental health, don't be afraid to slow down or quit the challenge entirely. Your health should come first.

Part 3 (cont.)

75 Hard Survival Tips

Tip Category	Tip
General 75 Hard Tip	Remember your “why”. There are zero compromises with 75 Hard and strict rules. A lot of people ultimately give up because they forget why they wanted to start 75 Hard in the first place. Remember why you started – to combat your poor self-esteem, to form new habits, to improve your current fitness level, etc. Whatever your “why”, remember it and write it down somewhere you’ll see it every day just in case you forget.
Tip for your 2 daily workouts	Get your outside workout in as early as possible. You never know what is going to happen with the weather, and the last thing you want is to have to walk or run when it’s storming (trust me, lol). Plus, early morning workouts can be really enjoyable and a mood-booster.
Tip for your 2 daily workouts	Find workouts you truly enjoy to avoid boredom. You will likely be doing all kinds of physical fitness activities during 75 Hard, so it’s important to find a few that you actually like. Whether that’s running, playing pickleball, basketball, attending dance classes, etc., make sure you choose something truly enjoyable to do throughout the challenge or you may get very bored.



Part 3 (cont.)

75 Hard

Survival Tips

Tip Category	Tip
Tip for your 2 daily workouts	Switch up your routes to avoid boredom. Again, if you plan to do the same walk or the same run every single day for 75 days, you will more than likely get bored of it. Be prepared to change things up.
Tip for your 2 daily workouts	Invite a friend to your workouts. 75 Hard can get lonely if you are doing it by yourself. If you don't have any friends who actually want to do the 75 Hard challenge with you, at least invite them (or go with them) to a workout so you can have a little company. Plus, having an accountability partner is always helpful.
Tip for your 2 daily workouts	Don't be afraid to try new workouts. 75 Hard gives you an opportunity to get creative with your workouts. Try CrossFit. <u>Download ClassPass</u> and try a class that you've never done before. Take advantage of <u>Orangetheory's</u> free class for newbies and see if you like it. Don't limit yourself to one or two types of workouts unless that's absolutely necessary for you for whatever reason.
Tip for your 2 daily workouts	Prepare appropriately for your outdoor workouts. If you'll be working out in cold weather, make sure you have a hat, gloves, and whatever else will keep you warm. If you'll be in the hot sun, prepare for that workout with sunscreen and a hat. You want to make yourself as comfortable as possible for your 45 minute daily workouts outdoors.

Part 3 (cont.)

75 Hard

Survival Tips

Tip Category	Tip
Tip for drinking a gallon of water	Get a water bottle you actually like to drink from. Drinking water isn't always easy, so you have to figure out what works for you. Do you drink water more easily with a straw? Do you prefer a large water bottle or something smaller?
Tip for drinking a gallon of water	Know that 1 Gallon = 128 ounces. Make sure you know how to get there. If you don't want to have to do the math every day to tally up how many ounces of water you have drank, it may be best for you to use a gallon-sized water bottle!
Tip for drinking a gallon of water	Fill up your water bottle first thing in the morning and start drinking early. Unless you want to chug a half-gallon of water before you go to sleep at night (I don't recommend this), it's important to keep the task of drinking a gallon of water top of mind at all times. That means starting to drink water as soon as you wake up in the morning. If you can do this, you will thank yourself later in the day when you've already drank most of your gallon.
Tip for drinking a gallon of water	Drink water during your workouts. 2 birds 1 stone. There were many days where I walked on the treadmill, drank water, and read a book at the same time. What they don't tell you is that 75 Hard can be pretty time consuming, so you should jump on any opportunity to knock multiple things out at a time.
Tip for drinking a gallon of water	Whenever you pick up your water bottle, try to do a few "chugs". It can be helpful to have a little rule in your head that every time you pick up your water bottle, you take 5 big gulps (or something like this). This'll help you drink your water faster.

Part 3 (cont.)

75 Hard

Survival Tips

Tip Category	Tip
Tip for drinking a gallon of water	Finish your gallon as early in the day as possible to avoid having to go to the bathroom in the middle of the night. It's not very fun having to get up in the middle of the night every night to go to the bathroom (this was me the first 25 days of 75 Hard haha). The earlier you can finish your gallon, the less likely you are to disrupt your sleep.
Tip for reading 10 pages	Choose books you actually like to avoid boredom. See Part 4 of this guide for 20 great books to read for this challenge.
Tip for reading 10 pages	Don't leave your reading til right before bed when you're at your most tired. It's so easy to just push off your reading till the end of the day, but the best thing to do is to do it as early as possible. You really don't want to have to read 10 pages when all you want to do is fall asleep – trust me!
Tip for reading 10 pages	Read during your workouts to get more done in the same amount of time. Like I said above, read whenever you can. If you can read while walking on a treadmill or while you're on the elliptical, do it! This way, you are completing two of your daily tasks at the same time.
Tip for reading 10 pages	Go to your local library to avoid spending money on books. Instead of spending money on new books, go to your local library where you can check out books for free! Another option is to ask friends and family for any nonfiction books that you can borrow.

Part 3 (cont.)

75 Hard

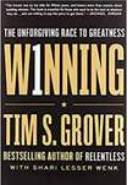
Survival Tips

Tip Category	Tip
Tip for reading 10 pages	No audio books allowed. Remember, no audio books are allowed for the 75 hard challenge. The books you choose must be a tangible, physical book.
Tip for following your diet	Get CLEAR on what you will and won't be eating according to your diet. The diet I chose for myself was no fried foods and no sweets, but I often felt that my rule of "no fried foods" wasn't specific enough, so I was constantly confused as to what was "OK" to eat. Eventually, I decided that pan-fried foods were OK, but deep-fried foods were not. It took me too long to determine this though, so make sure that going into the challenge you are clear on your diet and there's no room for confusion.
Tip for following your diet	Find healthy snacks that you love. Because you'll be giving up comfort foods, you're more than likely going to want something to fill its place. While that may be near impossible, you can always stock up on healthier foods that you do enjoy.
Tip for following your diet	If you miss alcohol, opt for mocktails. There are all sorts of non-alcoholic drinks out there nowadays that taste great and no one will even know you're not drinking alcohol if that's something you're worried about!
Tip for taking a progress picture	Get a tripod. This will make your life so much easier and will make taking pictures a breeze. I simply had my tripod set up in my room, and whenever it was most convenient for me, I would attach my phone to it and take a picture in no more than 10 seconds!

Part 4

75 Hard

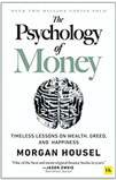
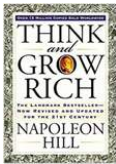
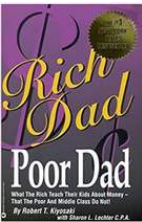
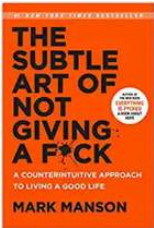
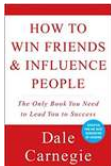
Book Recommendations

Book	Summary
	<u>Atomic Habits by James Clear.</u> In this book you will find tactical, valuable advice on how to build better, healthy habits and actually stick to them on every page. This is the kind of book that you'll keep on your bookshelf and read many times over the course of your life – it's that good!
	<u>Grit by Angela Duckworth.</u> This is a book about how passion and perseverance will drive you toward success. If you want to be motivated, encouraged, and driven further toward your goals, Grit is the book for you.
	<u>The Power of One More by Ed Mylett.</u> If you're not familiar with Ed Mylett, he is a big personality in the personal development space. He is all about personal development, and his book is right along those lines, too. His podcast, The Ed Mylett Show, is fantastic and this book of his is great, too.
	<u>Winning by Tim S. Grover.</u> This is the very first book I read for my 75 Hard challenge, and I am so glad I did. The author, Tim Grover, was Michael Jordan and Kobe Bryant's trainer for many years. He has a no-bs kind of attitude that'll make you throw any and all of your excuses in the trash. If you are looking for a huge surge of motivation (like I was when I first started 75 Hard!) then you will really enjoy this book.
	<u>Can't Hurt Me by David Goggins.</u> David Goggins grew up in a very abusive household. He struggled in school and was incredibly self-conscious, ultimately becoming overweight after high school. With some serious grit and determination, David Goggins becomes a Navy Seal. How did he make this kind of transformation? His book Can't Hurt Me will tell you everything.

Part 4 (cont.)

75 Hard

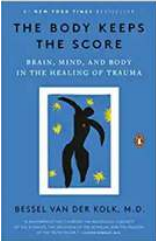
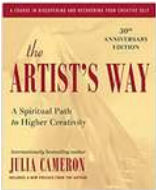

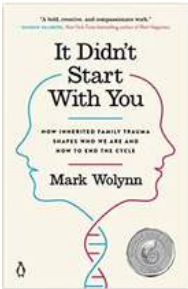
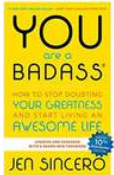
Book Recommendations

Book	Summary
	<u>The Psychology of Money by Morgan Housel.</u> The personal finance world can't stop talking about this book. The Psychology of Money contains 19 short stories that will show you how people behave when it comes to money and how you can begin to take control of yours.
	<u>Think And Grow Rich by Napoleon Hill.</u> Think And Grow Rich is a classic, famous book about money and the law of attraction. If you are someone who is interested in being rich and interested in manifesting, then you will find this book very interesting.
	<u>Rich Dad Poor Dad by Robert Kiyosaki.</u> I've heard from many people that this is a must-read book for personal finance. I'm a big believer that it's important to learn from a lot of different kinds of people and experts on topics you care about, and then taking what works for you from each of those people. If you want to learn more about personal finance, check out this book.
	<u>The Subtle Art of Not Giving a F*** by Mark Manson.</u> This book is all about how not giving a f*** can make your life better. I actually didn't really like the writing style in this book, but I'm including it on this list because so many people DO like it and get value out of it. There's a reason this book is so successful. If you feel like you need practice in the "not giving a F" department, pick up this book for your 75 Hard challenge.
	<u>How to Win Friends & Influence People by Dale Carnegie.</u> If you are someone who would like to have more friends, or even someone who is building up your personal brand, you might really benefit from this book.

Part 4 (cont.)

75 Hard

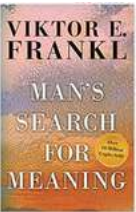
Book Recommendations

Book	Summary
	<u>The Body Keeps the Score by Bessel van der Kolk M.D.</u> The Body Keeps The Score is a book about how trauma literally reshapes your body and your brain. If you are someone who is interested in the ways that trauma affects you, and you'd like research and guidance on how to heal, you may really like this book.
	<u>The Artist's Way by Julia Cameron.</u> If you are someone who likes to be creative, but you're feeling a bit of a creative block, or you feel like you could use a boost, you will LOVE this book. Every time I do something that the book suggests I do for my creativity, I get an influx of great ideas!
	<u>The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz.</u> The Four Agreements describes a way to act that can transform your life and open you up to more freedom, love, and happiness than you thought possible.
	<u>It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn.</u> It Didn't Start With You is a book about inherited family trauma and how you can be relieved of it. This book is about the fascinating concept that "even if the person who suffered the original trauma has died, or the story has been forgotten or silenced, memory and feelings can live on."
	<u>You Are a Badass by Jen Sincero.</u> An all-around great book on being confident. This book is all about how insane it is that you exist, and how to have the confidence to live your life in the best way possible.

Part 4 (cont.)

75 Hard



Book Recommendations

Book	Summary
	<u>Ikigai: The Japanese Secret to a Long and Happy Life</u> . Amazon states that “According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world’s longest-living people, finding it is the key to a happier and longer life.”
	<u>The Mountain Is You: Transforming Self-Sabotage Into Self-Mastery</u> . If you are someone who suffers from self-sabotage, you will get a lot of value out of this book. The Mountain Is You is all about why you self-sabotage, and how to stop doing it.
	<u>Think Like a Monk: Train Your Mind for Peace and Purpose Every Day</u> by Jay Shetty. I really liked this book. It was truly all about being the best person that you can be, making sure you take time for yourself, and treating others kindly. If you want to learn more about meditation, or really just how to make your life more peaceful, calm, and rich, check out Think Like A Monk.
	<u>Man's Search For Meaning</u> by Viktor E. Frankl. According to Amazon, Man's Search For Meaning is about “Viktor Frankl's riveting account of his time in the Nazi concentration camps, and his insightful exploration of the human will to find meaning in spite of the worst adversity”.
	<u>75 Hard: A Tactical Guide To Winning The War With Yourself</u> by Andy Frisella. If you want to learn more about the 75 Hard challenge in detail, you can pick up the actual 75 Hard book. In this book, motivational speaker and supplement company owner Andy Frisella does a deep-dive into all the details of 75 Hard. Andy's book will also answer your most pressing questions about the challenge.

Part 5

75 Hard

Recommended Items

Item	Description
	<u>Stanley Cup water bottle.</u> This is a great water bottle that makes drinking a gallon a day much easier.
	<u>Tripod.</u> This makes taking your progress pictures 1 million times easier!

Now go forth and
conquer. You got this!

Be sure to tag me on Instagram
@imperfecttaylor or send me an email at
helloimperfecttaylor@gmail.com to let me
know if you found this guide helpful :)